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	A STRUCTURAL ANALYSIS OF GOAL NETWORKS; II. SELF-REGULATORY CONSEQUENCES OF GOAL NETWORK STRUCTURE; III. INDIVIDUAL DIFFERENCES IN THE STRUCTURE OF GOALS AND MEANS IV. COMPARISON TO OTHER PERSPECTIVES ON GOAL NETWORKSV. FUTURE DIRECTIONS: INTERPERSONAL GOALS; VI. CONCLUSION; Chapter 5. A FUNCTIONAL-DESIGN APPROACH TO MOTIVATION AND SELF-REGULATION: THE DYNAMICS OF PERSONALITY SYSTEMS AND INTERACTIONS; I. INTRODUCTION; II. DYNAMIC CONCEPTS IN CLASSICAL THEORIES OF MOTIVATION; III. ARISTOTLE'S DYNAMIC CONCEPTS; IV. PERSONALITY SYSTEMS INTERACTION THEORY; V. BACK TO THE FUTURE: FROM CONTENTS TO MECHANISMS; VI. CONCLUSION; Chapter 6. PERSONALITY, SELF- REGULATION, AND ADAPTATION: A COGN ITIVE - SOCIAL FRAMEWORK I. FRAMEWORKS FOR PERSONALITY AND SELF-REGULATION RESEARCHII. SELF-REGULATION, TRAITS, AND COGNITIVE STRESS PROCESSES; III. PERSONALITY AND SELF-REGULATION OF REACTIONS TO LIFE STRESS; IV. PERSONALITY AND SELF-REGULATION NO FEASTANDING AND SELF-REGULATION, AND DEVELOPMENT OF SELF-UNDERSTANDING AND SELF-REGULATION, TOWARD A GENERAL THEORY; I. INTRODUCTION; II. THE ARCHITECTURE OF SELF-UNDERSTANDING AND SELF-REGULATION IV. EXPLAINING THE DEVELOPMENT OF SELF-UNDERSTANDING AND SELF-REGULATION: TOWARD A GENERAL THEORY; I. INTRODUCTION; II. THE ARCHITECTURE OF SELF-UNDERSTANDING AND SELF-REGULATION IV. EXPLAINING THE DEVELOPMENT OF SELF-UNDERSTANDING AND SELF-REGULATIONY. CONCLUSIONS; Chapter 8. THE ROLE OF INTENTION IN SELF-REGULATION; III. SELF-REGULATION IV. EXPLAINING THE DEVELOPMENT OF SELF-UNDERSTANDING AND SELF-REGULATIONY. CONCLUSIONS; CHAPTER 8. THE ROLE OF INTENTION IN SELF-REGULATION; III. SELF-REGULATION IV. EXPLAINING THE DEVELOPMENT OF SELF-UNDERSTANDING AND SELF-REGULATIONY. CONCLUSIONS; IV. PSYCHOPHYSIOLOGICAL RESEARCH ON SELF-REGULATION; III. SELF-REGULATION TECHNIQUES AND POTENTIAL LIMITATIONS; IV. PSYCHOPHYSIOLOGICAL RESEARCH ON SELF-REGULATION; III. SELF-REGULATION TECHNIQUES QUALITIES AND SYSTEMIC PERSPECTIVES VIII. APPLICATIONS OF INTENTIONAL SYSTEMIC MINDFULNESS: MINDFULNESS QUALITIES AND SY
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